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WHAT IS CLAIMED IS:

 A method for reserving a network resource for a multipoint conference, comprising:

receiving a list of participants scheduled to 5 participate in a conference;

receiving a scheduled start time and estimated duration for the conference;

predicting a plurality of communication paths, each communication path corresponding to at least one of the participants; and

reserving the network resource along the communication paths for a predetermined period of time beginning at approximately the scheduled start time.

- 15 2. The method of Claim 1, wherein the network resource comprises bandwidth.
 - The method of Claim 1, wherein the network resource comprises digital signal processor resources of a digital signal processor farm.
 - 4. The method of Claim 1, wherein the network resource comprises ports of a gateway.
- 5. The method of Claim 2, further comprising receiving an address of a host multipoint control unit and wherein the plurality of communication paths include the address.

- 6. The method of Claim 5, wherein the multipoint control unit includes digital signal processor resources and further comprising reserving at least a portion of the digital signal processor resources for a predetermined period of time beginning at approximately the scheduled start time.
- 7. The method of Claim 5, wherein the multipoint control unit includes a plurality of communication ports and further comprising reserving a number of the plurality of communication ports for a predetermined period of time beginning at approximately the scheduled start time.
- 15 8. The method of Claim 1, further comprising receiving a plurality of participant addresses, each participant address corresponding to at least one of the participants and wherein each participant address comprises an endpoint of at least one communication path.

- 9. The method of Claim 8, wherein the participant address comprises an Internet Protocol (IP) address.
- 10. The method of Claim 1, further comprising predicting at least one of the plurality of communication paths using a default address associated with at least one of the participants.
- 11. The method of Claim 10, wherein the default 30 address is dependent, at least in part, upon the scheduled start time of the conference.

- 12. The method of Claim 1, wherein the multipoint conference comprises a Meet Me Conference call.
- 13. The method of Claim 1, further comprising communicating information regarding reserved network resources to a plurality of network nodes using the resource reservation protocol (RSVP).
- 14. The method of Claim 1, further comprising transmitting a message to at least one of the plurality of participants, the message including a request to the participant to provide an address from which the participant intends to participate in the multipoint conference.

- 15. The method of Claim 14, further comprising transmitting the message to the participant via electronic mail.
- 20 16. The method of Claim 14, further comprising transmitting the message to the participant via a web form.

- 17. An apparatus for reserving a network resource for a multipoint conference, comprising:
- a processor operable to receive a scheduled start time and estimated duration for the conference and a list of participants; and

the processor being further operable to predict a plurality of communication paths associated with the plurality of participants, and reserve the network resource along at least one of the communication paths.

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- 18. The apparatus of Claim 17, further comprising digital signal processor resources, and wherein the processor is operable to reserve at least a portion of the digital signal processor resources for a predetermined period of time, beginning at approximately the scheduled start time.
- 19. The apparatus of Claim 17, further comprising a plurality of communication ports, and wherein the processor is operable to reserve at least one of the plurality of communication ports for a predetermined period of time beginning at approximately the scheduled start time.
- 25 20. The apparatus of Claim 17, further comprising memory operable to store a default address for at least one of the plurality of participants, and wherein the processor is operable to access the memory to obtain the default address.

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- 21. The apparatus of Claim 17, wherein the processor is further operable to reserve a plurality of ports of a gateway for a predetermined period of time, beginning at approximately the scheduled start time.
- 22. The apparatus of Claim 17, wherein the processor is further operable to reserve digital signal processor resources of a digital signal processor farm.

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23. Logic encoded in media for reserving a network resource for a multipoint conference, the logic operable to perform the following steps:

receiving a list of participants scheduled to participate in the conference;

receiving a scheduled start time and estimated duration for the conference:

predicting a plurality of communication paths, each communication path corresponding to at least one of the participants; and

reserving the network resource along the communication paths for a predetermined period of time beginning at approximately the scheduled start time.

- 15 24. The logic encoded in media of claim 23, wherein the network resource comprises bandwidth.
 - The logic encoded in media of Claim 24, wherein the multipoint control unit includes digital signal processor resources, and further comprising reserving at least a portion of the digital signal processor resources for a predetermined period of time beginning approximately the scheduled start time.
- 25 26. The logic encoded in media of Claim 24, wherein the multipoint control unit includes a plurality of communication ports, and further comprising reserving a number of the plurality of communication ports for a predetermined period of time, beginning at approximately the scheduled start time.
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- 27. The logic encoded in media of Claim 23, wherein the network resource comprises ports of a gateway.
- 28. The logic encoded in media of Claim 23, wherein the network resource comprises digital signal processor resources of a digital signal processor farm.
 - 29. The logic encoded in media of Claim 24, further comprising receiving a plurality of participant addresses, each participant address corresponding to at least one of the participants, and wherein each participant address comprises and end point of at least one communication path.
 - 30. The logic encoded in media of Claim 24, further comprising predicting at least one of the plurality of communication paths using a default address associated with at least one of the participants.
- 31. The logic encoded in media of Claim 24, further comprising transmitting a message to at least one of the plurality of participants, the message including a request to provide an address from which the participant intends to participate in the multipoint conference.

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32. An apparatus for reserving a network resource for a multipoint conference, comprising:

means for receiving a list of participants scheduled to participate in the conference;

means for receiving a scheduled start time and estimated duration for the conference;

means for predicting a plurality of communication paths, each communication path corresponding to at least one of the participants; and

means for reserving the network resource along the communication paths for a predetermined period of time beginning at approximately the scheduled start time.

- 33. The apparatus of Claim 32, wherein the network resource comprises bandwidth.
 - 34. The apparatus of Claim 32, wherein the network resource comprises ports of a gateway.
- 35. The apparatus of Claim 32, wherein the network resource comprises digital signal processor resources of a digital signal processor farm.
- 36. The apparatus of Claim 33, wherein the multipoint control unit includes digital signal processor resources, and further comprising means for reserving at least a portion of the digital signal processor resources for a predetermined period of time beginning at approximately the scheduled start time.

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- 37. The apparatus of Claim 33, wherein the multipoint control unit includes a plurality of communication ports and further comprising means for reserving a number of the plurality of communication ports for a predetermined period of time beginning at approximately the scheduled start time.
- 38. The apparatus of Claim 33, further comprising means for receiving a plurality of participant addresses, each participant address corresponding to at least one of the participants, and wherein each participant address comprises an end point of at least one communication path.
- 39. The apparatus of Claim 33, further comprising means for predicting at least one of the plurality of communication paths using a default address associated with at least one of the participants.
- 40. The apparatus of Claim 33, further comprising means for transmitting a message to at least one of the plurality of participants, the message including a request to provide an address from which the participant intends to participate in the multipoint conference.